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LCP
Rush
Papers.

Dyspepsia.

Of Dyspepsia

In ~~this~~ lecture I shall introduce the ~~subject~~ I purpose to deliver upon this disease with a few preliminary remarks upon its seat that is the stomach.

This Viscus is of great importance, and its functions intimately connected with health and life. Dr Bordeu calls it one of the feet of the tripod which supports life. The other two feet are the heart and the brain. The following facts relative to it deserve our notice.

1 Its extreme hardiness - hence it often resists for years the violence that is done to it by excess in eating and drinking, long fasting, ~~improper~~ aliments, and drinks, - and both, hot or cold in the extreme, and lastly by the use of tobacco.

2 The Stomach sympathizes with nearly every part of the body, and particularly the head, the liver, the blood vessels, the kidneys, the nerves, the lymphatics, the Skin and the limbs.

3 The Stomach sympathizes extensively with

the mind. ~~Doctrine~~ Talents & virtues
are greatly influenced by it. Poets and Philo-
=sophers write and think according to the
greater fullness or emptiness of their stomachs
each of which is regulated by the greater
natural depression, or elevation of the
excitement of their systems. Courage is
intimately connected with the ~~Different~~
States of the Stomach, & ~~this is~~ these States
are different in different nations - hence
the Duke of Malborough once said, if he
were to fight a battle for the empire of the
world, with an army composed of British
subjects, he would chuse Irishmen Drunk,
Englishmen - with full & Scotchmen with
empty Stomachs. & In favour of the in-
=fluence of the Stomach upon Courage

Lord Chesterfield adds frankly, that a cor-
=dial breakfast with a Sunny Morning
has Often made Heroes, and decided the
fate of many battles. The stomach
influences the tempers. This is so gene-
=rally admitted in Portugal that when a
man is quarrelsome in company
he is said "to have Drank bad Wine."
The Clergyman of great learning
formerly of this City was miserably
perish in a Morning Until he had
eaten his breakfast. Cardinal De Retz
was so perfectly satisfied of the influence of
the state of the stomach upon the tempers
that he advises never to make a Motion
in a popular Assembly just before Din-
=ner, a time when Temper

V The Discharge of Wind from the Stomach
has often rendered a silent man, pleasant
& facetious in Company. even

=enders men incapable of ~~a~~ debate
& judgement. 2ro wonder Van Helmont
places the Soul in the Stomach, since we
thus see it determins not only the Spec
of battles, but the Councils & fate of nati=
=ons. Again, Charity itself is influenced by the
state of the Stomach - hence the ~~propriet~~=
~~=ty of usurping Abroad~~ largest & most enumerous
to ~~publick~~ charitable Objects are generally
obtained after dinner. ~~I have not been~~
~~able to distinguish between the~~ Perhaps
~~the~~ a request for the hand of a lady
might be more readily granted Under the
same circumstance of a well toned sto=
=mach. —

4 The healthy state of the stomach is not
only connected with the health of the whole

bring this in
with the Le —

Van Helmont

the wonderful properties of the stomach,
that he considered it as the seat of the Soul.
While ~~I stong this~~ of this Opinion,
struck with the following ~~Impostis~~ in
the stomach of intelligence, or of properties
which belong to the mind more especially
in its Deranged or diseased state. Does
~~mind~~ ~~mind~~ possess an Ability to retain more
idea that it can ~~combine~~ or apply to
the stomach possess the same ability to
retain more food than it can digest or
convert into Nourishment. Does the mind
so diseased as not to be able to retain know-
-ledge ~~&~~ nor Obscure the stomach to be equally
incapable of retaining Aliment. Does the
mind possess the power of Associating &c.

- next year after reading
was so struck with
ive reject the Absurdity
marks
2

body, and the exercise of talents & virtues, but with ~~long~~ longevity. I have never met with a ~~long~~ very old man, ~~who was a drunkard,~~ who had laboured under the disease now under consideration, and were I to open an in= surance Office for lives, One of the first Questions I would ask should be whether he had ever ~~has ever been~~ been much afflicted with a Diseased Stomach. In a word it is to the whole body what the main Spring is to a watch. All its movements depend upon it, ~~and most of the chronic~~ It is the ~~flag~~ of health, when sound, & it is the Avenue to most of the chronic Diseases of the human body. ~~V~~ V

✓ ~~After this preliminary remarks, I~~ proceed to mention, ~~that Dyspepsia is~~ ~~produced by Causes which~~ (a) act directly

The Stomach possesses the same associating
power over motions with nearly every
part of the body. Is the resentment excited
by an injury disproportioned to that injury
- The Equally disproportioned, is a Vomiting
continued for 24 - when excited by ~~a disgust~~
= ~~the smell of~~ a small portion of aliment
Disagreeable from its dissyncrasy, to the Sto=
=mach. Has the mind a selecting power
in its pleasures - Studies & companions?
The Stomach has the same selecting power
in its aliments. Does the mind suffer from
the want of employment? So I shall say.
constant
presently does the Stomach. Is there an
inordinate love of books? Men who possess
it are called Helluones librorum - We
see something analogous to the it in
Canine appetite for food. Is the mi

Having premised these preliminary remarks I shall now mention the Symptoms of Dys-pepsia as they appear in the Stomach & in the whole System.

The Symptoms of Dyspepsia in the Stomach are a Knawing, or uneasy Sensation in the Stomach, oppression after eating, Flatulency, sour eructations, pain the stomach called by Dr Cullen Gastrodynia, heart burn from an acid humor in the stomach, Anorexia or want of appetite, or great appetite with-out digestion, or digestion without appetite, water brash, that is a spontaneous dis-charge of a limpid viscid humor from the Stomach from its retrograde action, called by Dr Cullen Cardialgia Spurtatoria, Costive-ness, and occasionally a perverted appetite for Sand, Coals, Lime, Cinders & putrid animal food. This appetite for putrid ani-mal food is so intense, that the Dyspep-

who are affected with it in Hispaniola
we are told dig up dead & putrid animals
to devour them. There was an instance of
this perverted appetite in a black man some
years ago at Bristol in this State.

In many of these Symptoms continues
for ages without affecting the general
health of the body. In this case it is a local
disease, but it is more generally ~~a~~ connected with disease in other parts of
the System, the Signs of which are head
ache, pains in the back & loins calves of
the legs, cold feet, a liability to take cold, trans=
=cient Symptoms of diabetes emeritus and
dyspepsia, irregular and intermitting pulse,
Low Spirits, and great irritability of temper.
~~Th~~ These ~~Symptoms~~ Symptoms of a general dis=
=ease are most common when it arises
from Causes that act upon the whole
System. —

The causes of Dyspepsia are Diseases
and indirectly upon the Stomach.
of the head belong.
To the I, Ardent Spirits. These are a
most fruitful Source of it in the United States.
The disease when induced by them is sometimes
called Crapulous Sickness. For an account of
the Specific Symptoms of Dyspepsia produced
by Ardent Spirits I refer you to one of the
volumes of my medical Inquiries.
upon their ~~peculiar effects upon the~~
~~body General of man~~. Time has been called
"Dies nefastus". It is equally proper to say
of those pernicious and deadly liquors, that
they are "dies homicidus". They devour more.
2 Strong tea & Strong Coffee -
3 Excess in the use of Aromatics & bitters to
prevent, or cure Diseases.
4 The habitual use of Opium.
5 The use of Snuff & Tobacco. The latter is a
thriving. Its acts in two ways; by its narcotic

~~Disorder~~ visible in its pleasures? So is the stomach in its diseased state. Of this many proofs might be mentioned — I shall mention but one. A Lady in consumption feels — nausea from every kind of aliment which is agreeable to her. ~~Facts could be adduced~~ Surgeons all this ~~it would turn~~ as

Did we admit with the Stahlians, a ~~be composed of mind~~ soul & body — and the soul ~~Spirit~~ belongs to the animal part, — we should ascribe the soul to be seated in the stomach ~~Ch~~ W I am told by ~~thing~~ admits only of body and mind and that mind to be seated only in the brain) ~~From these facts & hypothesis it is that Doctors~~ I shall not in this place apply these facts, and

effects upon the stomach, and by a waste
of the Saliva.

6 Except in the use of acid Drinks, Condiments
and Aliments. Lemonade, Punch, pickles
and Sour Crout ~~are a frequent cause of~~
~~it~~ are a frequent cause of it in Pennsyl=
=vania. The last produces it among our
German Citizens.

7 Frequent repletion with gross food.
& Swallowing food without masticating
it sufficiently.

8 Frequent repletion with hot & cold liquors.
They act by overdistending the stomach, as
well as by their stimulating & sedative
qualities. I once saw a fatal case of
Dyspepsia and Tympany brought on
by drinking large quantities of cold water
at a time, ~~and I have known a case~~
~~Distressing Case of the Practice~~ the Cold Water is most injur=
=ious when taken upon an empty

stomach before breakfast, and just before going to bed.

10 The excessive use of Sugar. I have met with six instances of it in a Grocer brought by tasting 40, or 50 Samples of Sugar in a day. Dr Hoffman relates a Case of this disease from the excessive use of Sugar in Diet.

11 Rapid ascent vegetable food. This is a frequent cause of Dyspepsia among the poorer people in Scotland. The heart burn and water brash are more frequently induced by this cause than any others.

12 The ~~excessive~~ use of animal food. These ~~Species~~ classes of aliment when taken by two ~~Species~~ others, for when the stomach has been long accustomed to a vegetable diet it is unable to digest animal food in consequence of the gastric juice partaking of the mild

quality of the nourishment from which it
is formed. In this respect the stomach becomes
assimilated to the stomachs of Granivorous
and herbivorous animals that are unable to
Digest Animal food. On the Contrary a diet
Consisting of exclusively of Animal food pro-
-duces the same inability in the stomach
to digest vegetable food, and this, from the gastric
juice which is secreted from it placing the
stomach upon a footing with with the
stomachs of Carnivorous animals.
13 Worms or bile lodged in the stomach.
14 The frequent use of emetics & Cathartic
Medicines.
15 The habitual use of Nitre. Of this I have
known many instances.
16 Obstructions and enlargement of the liver,

and pancreas & omentum
and Spleen which act by pressure upon the
Stomach. 17 Intravented ensiform Cartilage.

I said formerly that the disease when
induced by these direct causes is often local. Few
Few people pass thro life without being more
or less affected with it. It is compared with
Dyspepsia from causes that act upon the
whole System; what a common cough
is to a pulmonary Consumption. The

II The Causes which act indirectly upon
the Stomach thro the medium of the whole
System are Divide themselves into two Classes
~~1 An indolent life.~~
1 Such as act upon the body. These
are (1) An indolent life.
(2) Sailing (3) pregnancy. (4) The suppression
of habitual Sweats of the feet. a Case of Dyspep-
=sia from this Cause is mentioned by Dr

V Dr Thomas Clark tells us that in nearly every case of diseased Liver he saw in India, he observed the Stomach to be affected. A paroxysm of disease from gall stones seldom fails of inducing dis= =ease in the stomach. The ~~Diagnosis~~ disease in both these Cases is from Sympathy; & not from sympne as was noticed in Speaking of its Direct Causes.

Diseases.
5 a moist and cold atmosphere.
(6) Offensive Sights and Odors.
(7) ~~Bilious fevers~~ Fevers of nearly all kinds.
(8) Diseases and ~~d~~Disorders in the Head, Liver, ~~Lungs~~
Kidneys & Uterus. ~~on~~ ~~Bowels~~ The connection ~~Sources~~ of
~~Some~~ with
Some of the Symptoms of Dyspepsia ~~in~~
~~Head~~ Ache is
~~the~~ Head ~~ache~~ so generally admitted that we
call ~~Sick~~ one of the forms of Sickness
at Stomach "Sick headache." a vomiting
from a stone in the kidneys is nearly
universal, & bleeding piles we know is
induced by Sympathy of the Stomach with
the disease of Conception. But Other morbid Af=
~~Diseases~~ x
~~Affections~~ of the Uterus besides Conception in=
=duce a deranged State of the Stomach. I once
saw a partial Schirrus of the Uterus bring
on Death by a constant puking of dark

+ more gold.

confound life for three days. +

1 great pain.

2 The causes which act upon the stomach in inducing Dyspepsia thro the medium of the mind are

1 Intense Study especially after eating; and with the body bent forwards. hence it has been called "morbus Studiosorum".

2 Grief, fear, distress, and vexation from all their causes.

You will perceive at once 1st. 2d that many of the causes which produce Dyspepsia are the same as those which produce Gout, Epilepsy, palsy and Apoplexy. It will be very natural therefore for you to inquire, why they produce Dyspepsia, and not the above diseases? To this question I answer, that the Systems in which those diseases appear, are not predisposed to them, and

that the Stomach from innate, or ac=
=quired debility labours under such a degree of
=positive as to absorb all the morbid
Commotions in the System to itself, and
thus a ~~local~~ Disease is produced which is
either altogether local, or if Sympathy ex=
=ist between it and other parts of the body, it is
so feeble & transient as not to acquire
the full Characters of any of the above
Diseases.

It is worthy of notice that while the
whole System generally Sympathizes with Dyspepsia
~~seat frequently~~ when it is brought on
indirectly by Causes that act upon the whole
body and the mind, yet we of ten
see the whole body affected when it arises

Wholly from causes that act Directly upon
the Stomach. —

The Remedies for Dyspepsia are

I Palliative and

II Radical.

The first consist of such Remedies as are
calculated to relieve the distressing Symptoms
of the disease. I shall mention the most
prominent of them, and then take notice
of their remedies. They are Heart burn from acidity, Flatulency
Dyspepsia, after eating Anorexia or want of Appetite,
Gastrodynia, or a painful Spasm in the stomach
and the cardialgia Sputatoria, or Water brash.

-ps:9

The 1st consists of such remedies as are calculated to relieve the distressing symptoms of the disease. I need not repeat them.

~~If better introduce them~~

2nd Heart burn from Acidity is supposed to be effect of the vegetable part of the Aliment undergoing the acetous fermentation in the Stomach. But chiefly there is good reason to believe it is the effect of a morbid Secretion of the gastric liquor by which a strong acid quality is imparted to it. This is rendered probable by its being thrown up from the Stomach when no vegetable or Aliment Aliment has been previously taken into it, and by its being of a more acrid and corrosive character than the vegetable acid, so much so as to inflame the throat, and set the teeth on edge (as it is called) in paping over them. The Remedies for it are — the alkaline salts — Magnesia — Soda Waters —

V in this city who is afflicted with this
Disease from Goat who can ~~Coon~~ cat /Straw=
=berries with Cream, but cannot bear
them alone, nor with Skimmed milk.
The Cream absorbs the acid of both his
Stomach and the Strawberries.

V In favor of the last of these ~~Hardwines~~ visits
Charcoal I would remark that it
Stomach Complaints ^ cured by ~~that~~
~~that~~ in hogs & fowls. — In the latter ~~case I~~
the term
~~inserted~~ pips is used to express them.

Chalk - lime water & Calcined Oyster Shells,
Calamine in powder - the fine powder
of Brick dust & powder of Charcoal ~~&~~ all of which act by
Obtunding, or envelopping the acid of the
Stomach so as to prevent its acting upon
it. The sensation most commonly induced
by it in the Stomach is what has been
called improperly "heart burn"
2 ~~With~~ Bleak inured Milk. ~~This acts~~ The acid
by of the Stomach decomposes the milk,
and forms its curd, containing its oily, as well
as its cheesy parts, the acid is blunted by
its Union with it. I know a Gentleman
3 The Mineral Acids. These act by inducing
a stronger action in the Stomach, than
its morbid acid, and thus destroy it. The
Muriatic and Nitric Acids have been
found to be very useful for this pur-
-pose. —

If Flatulency should be relieved by Gin-
-ger or Juniper tea - a few drops of
Camphorated Spirit of Wine - the Spirit
of Turpentine - and Liquid Laudanum,
peppermint Essences
and a draught of cold water.

If Oppression - Sickness at Stomach and
Vomiting are relieved by the taking
a small Opium pill, or a few drops
of Laudanum a few minutes before
sitting down to a meal. Dr Whyt first
suggested the use of this remedy. I have
often prescribed it with advantage. It con-
-tributed very much to relieve this dis-
-tressing Symptom in the late Dr Priestley who
finally died of this disease.

2 Taking but a small quantity of food at a time, and that four or five a day instead of but two or three times in the four and twenty hours, also in the night, as well as during the day. The stomach should never be full, nor empty. Like an idle School boy, when not employed, it seldom fails to do mischief in consequence of the debility induced by the absence of stimuli. I have sometimes advised patients afflicted with this disease not only to place food by their bedsides, but to carry it from home in a tobacco box if it be food of an animal nature. Ginger bread nuts which are useful to obviate flatulency from emptiness may be carried in the pocket.

5 By avoiding drink with food. ~~This~~ It ~~prescription~~ acts in three ways. 1. It disposes the aliment to the actions fer=mentation. 2 It ~~&~~ elevates it from the bottom of the Stomach. and thus removes it from the action of the gastric liquor upon it, & 3 by it disposes the food by thus elevating it to pass into the Duode=num before the proces of digestion is completed upon it.

6 By rubbing the stomach gently ~~after~~ ~~every~~ ~~hour~~ ~~tight~~ or comprising it with a roller, or Waiscoat after every meal, or applying a bladder to it with water heated from 110 to 120°:

Exercise. Fasting. This should be continued for 24 hours or longer to be useful. It is most proper in bad Dyspepsia

& swallowing a teaspoonful of common salt, or a few grains of pepper after every meal.

3 By taking food only in a recumbent
posture. Mineral waters are often retained
only
when taken in this way. Breeding Women
seldom sicken or puke Until they leave
their beds in the morning. Sea sickness
is mitigated, or prevented by a recumbent
posture of the body. Persons who are obliged
to take Aliment in this way, should
not leave their beds for several hours
afterwards.

4 By taking but one kind of Aliment
at a time. I gave my reasons for
this advice in ours Therapeutics!

IV. Anorexia, or the Want of Appetite
is relieved

1 By proposing a number of
different Aliments to the patient.
The appetite will sometimes suddenly

in ms Wilson this Comparison

by this sickness was prevented, only

in the victuals came upon table.

and eating upon deck. Cold food should

be preferred in such cases from its

omitting no small.

vibrate with one of them.

2 By never permitting a patient to
smell the food he is to eat while it is
cooking. ~~The~~ Its effluvia often destroy
the appetite. This ~~was~~ is happily descri-
-bed by Mr Wilson in his poetical account
of his passage with ~~the~~ across Lake Ontario
on his way to Niagara.

" Soon as the savoury steam their nos-
-trils gain.
" They sicken, heave & stagger down again. V

3 By surprising the appetite by exceptio-
-nal articles of food. Anticipation often
destroys it.

4 By getting but a small quantity of food
at a time before a patient. Horses always
eat most hay when but a small quantity
of it is put into their racks at a time.

5 An Anodyne of Diet unexpectedly sent by a neighbour or friend has often been eaten with pleasure, when a patient rejects every thing cooked in his own kitchen. The appetite is not only suddenly awakened by surprise, but by the cordial impression of unexpected kindness, or friendship.

V Gastrodynia, or a Spasm in the Stomach should be relieved by diffusive doses of Laudanum — or by hot water — or hot pepper mint — or by Hyperion mint lozenges — Acute pains in other parts of the body may be relieved by the use of Laudanum.

VI The Waterbrash is relieved by aids and gentle stimulants. It arises from an inverted action of the Stomach and Oesophagus.

11 The radical remedies for this disease
should be influenced by the state of the Stomach
and of the whole System. Unfortunately bitters
and Dyspepsia are so much associated in
the minds of Physicians as bark and the
intermitting fever, but in the recent, &
active state they, together with all ~~other~~ these
Stimulants are hurtful. ~~It is~~ I believe
this Disease is often neglected in with ~~pleu~~
inflammation. We do not suspect it, be-
-cause inflammation in the ~~this~~ stomach
is not indicated by pain, except it be ac-
-companied with Spasm, but it is often
attended with heat, and a hard full
pulse, and these are as certain signs of inflammation
as pain. I have been so satisfied that

In the latter, as well as in the former
disease
~~former both cases~~ it often arises
from a primary affection of
sympathetic
the liver inducing morbid connections
in the stomach, and a disease in the
liver can seldom be removed without
bloodletting. In the month of July 1812 I
causing
was the favoured instrument of ~~working~~
this disease in the only form of a wealthy
farmer† in Buck's country, by this remedy,
~~he~~ aided by
~~with his~~ ~~help~~, a few Doses of Calomel. ~~after~~

~~He~~

† Ab: maple

this is the case, that I have given it
~~this~~ a name of Gastricula from its being a
Not chronic or
Diminutive of Gastritis, or acute inflam-
from
-mation of the stomach. From this view
of the disease you will not be surprised at
my recommending to begin the Cure by
1 Bloodletting. I have used this remedy both
in my public & private practice.
I use it in ~~the disease~~ You have all seen its good
effects, of ~~this remedy~~ in checking the sickness,
and Vomiting, ~~and fever~~ that take place in
a bilious fever. — Why should it not have the same
salutary effects in the acute state of Dyspepsia?
It is from the neglect of this remedy in
the early stage of this disease that we have to
many cases of chronic death from it.
After the use of sufficient bleeding recourse should be had

V They are most useful when the disease
is induced by a primary ~~Do~~ affection of
the head.

2 to purges especially where costiveness attends.
They should be lenient or active according to
the State of the bowels and the pulse. The
Butter nut pill is an excellent lenient
purge in this disease.

If the disease be not sufficiently
reduced by bleeding and purges, or if the pulse
forbid those remedies, and require depleting remedy of use force

3 Vomits should be employed for this
purpose. I have prescribed them with great
advantage. They cleanse the stomach, and
prepare it for ~~exhibiting~~ other medicines.
with these remedies should be commenced

4 a Diet consisting wholly of milk & Vegetables.
The stomach is often in the state of an
inflamed eye that can bear no application
to it but the most emolient
Substances.

Even cold water gives it pain. Dr Hunter re-
Dyspepsia of
=ved a Case of this kind by nothing but
It
Milk. He began by giving him a table
Spoonful of it at a time every two or three
Zh of potash to Ai of milk makes it sit more easily on
hours. I have known it cured by a diet of
the stomach.
boiled turnips, also by gum Arabic dissolved
in water
without the least Mixture of any other
Aliment. Baked fruit particularly pears
have been found useful in this state of the
Disease. These Articles of Diet should be given
by Weight and Measure, nor should they be
of Aliment
suddenly changed, for every new Article be-
comes
it excites pain, & carries with it the fascina-
=tion of novelty, and thus becomes offensive
to the Stomach.

After morbid Action is reduced (which
may be known by the Softness of the pulse,

3, and the agitation of sickness, vomiting, &
pain, the Remedies should be of a stimu-
lating nature. ~~They are~~ These should be
~~into medicines and diet and drinks. The first are~~
I Vegetable. These consist of Bitters such
as Camomile, Century, Rue, Wormwood,
Gentian, Columbo root, and Quassia. To
these Dr Cullen has added bark. I cannot
concur with the Dr in advising it, having
generally found it hurtful, perhaps from
the astringent, mixed with its bitter
quality. 2 Aromatic and acid vegetables.
These are Oranges, Lemons, Camella Alba,
Cassia
Calamus, ginger, Juniper & Cubs
orange peel, black pepper, Aniseed, fennel
seed, mustard, horseradish & garlic. They
may be taken alone, or infused in water,
Wine or Spirits. ~~The~~ Each of these ~~should be~~

should be taken in Prescription & notation.

II A second class of Stimulating remedies ℞ should be taken from the mineral Kingdom. These should be Elixir of Vitriol, the nitric Acid, the Sulphate of Zinc, ~~the~~ Copper in small doses & above all the different preparations of Iron. They lie most easily upon the stomach when combined with an aromatic vegetable. I have generally prefered Ginger for this purpose. A dram Sulphate of Iron prepared by adding a little Sulphuric Acid to a solution of the Sulphate of Iron in water has been found to be very useful in this state of Dyspepsia. It may be thus prepared Sulp: of Iron ℥i water ℔i Sulp: Acid ℥ij- a teaspoonful of it may be taken three times a day in a little bitter tea of any kind.

V ~~excepteboas~~ Chocolate and Sonchong tea are sometimes acceptable to the stomach. When this is the case they may be taken sparingly with solid aliment.

VI. Salted fish, and ~~todo~~ the lean of salt=
=meat have alone performed cures of this disease. They ~~disorde~~ lie longer in the stomach than fresh fish, or fresh meat, and thereby impart more tone to it.

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III The diet ~~pursued~~ in this State of Dyspnia th? consist of solid animal food. Wild fowl, venison & fish should be preferred to domestic animals, and beef and mutton to full grown poultry, lamb, Veal and Chickens. They should be kept until they are tender, & they should be thoroughly done before they are eaten. Oysters and soft boiled ~~salted meat and bitter~~ eggs are often digested, when no other food will lie on the stomach. ~~It~~ They may be taken warm or cold at the pleasure of the patient. ~~Hyson~~ Tea, Coffee, broths, gruels and liquid food of all kinds should not be tasted. Biscuit and the Crusts of bread, ~~and at breakfast~~ roasted potatoes are the only vegetables that should be taken with the above Articles. The biscuit & bread will lie most easily upon the stomach after being

toasted until their Surface is of a black
Color. It is common to forbid butter in this
state of Dyspepsia, but when fresh, I have
not found it hurtful. It enables the
stomach to retain and digest fish, better
than any other Condiment.

IV The Drink in this disease should be rain-
-ple water when the stomach will retain
it. Toast tea will sometimes lie on the
Stomach when simple Water will not. Dr
Drake of Cincinnati tells us that he found
well water better received by the stomach
in Dyspepsia than river Water. He ascribes
it to its containing a solution of some earthy
or metallic salt in it which rendered it more
tonic. Where these are rejected Soda, or Seltzer
water should be tried, also infusion of the
bitter and aromatic herbs & seeds (particularly ginger) formerly

V The Ginger has been found very useful taken for breakfast & in the Evening with Cream & Sugar. It has united the Stamps of Value from having been useful to Sir J. Banks.

mentioned, in Water. Where Water in none
of those forms can be obtained, Porter, Ale, or
should be taken alone or diluted with
Water. If these be rejected Old Madeira or
Sherry should be tried, or Claret or Port,
for the two latter sometimes lie better
on the Stomach than the two former,
from their containing less fermentible
matter in them. A Drink prepared of the
Nitric Acid ℥ij Old Spirit of any kind ℥iv Wa:
-ter ℥ij and as much Sugar or Honey as
will make it pleasant is very acceptable
to the Stomach. Brandy & Water, the popular
Drink in this Disease should be resorted to
with great caution. Many people have
been Lots by taking it as a Medi:
-cine. When prescribed it should be in

small quantities & only for a short time.
You will recollect these drinks should be
avoided, or ~~taking~~ taken sparingly with
the food of our patients & for reasons for
=merly given.

There are several other auxilliary
remedies which have been found useful in
this Disease. They are

V Exercise with the arms, with the lungs,
and riding on horseback. Rowing, pumping
sawing wood, playing shuttle cock, the use
of Dumb bells, or instead of them two flat
irons swung backwards & forward by the
hands.- Also commends reading aloud
in this Disease. It acts as a general stimulant,
~~and~~ in the latter way by the sympathy
of the lungs with the stomach. —

VI The Cold Bath. The water should be pured

V Their Utility is suggested by Cutaneous
~~Diseases~~ eruptions & Gout ~~Affections~~ in the
limbs often affording immediate relief

VIII. If all the above remedies fail
recourse must be had to a Salivation.
I have employed this remedy with
great success in several cases. It is
more particularly indicated if the disease
be induced by visceral obstructions that
act directly, or by Sympathy upon
the Stomach.

16 upon the head, the back & the region of
the stomach.

VIII. A blister to the pit of the stomach.
This remedy is highly Commended by
Dr Darwin. Blisters are likewise useful to the ex-
=tremities. V

IX. Great care should be taken to avoid
all its remote and exciting Causes, particu-
-lly an Aliment Offensive the stomach,
and Cold and wet feet, and to remove those
diseases in every part of the body that
either create or encrease it.

This Disease terminates fatally in the
following ways. 1 by such a torpor in the
stomach as to permit food to pass unchan-
=ged out of it into the bowels. It should be
be called a palsy of the stomach.
2 by a Schirrus in the stomach or pylorus

is accompanied
V This inflammation with tenseness
thirst, and disgust ^ with every kind
of drink but Cold Water.

Indicated by its cause, that is
an undue determination of blood to
the brain.

3 by a Cancer in the same parts.
4 by acute inflammation of the stomach,
and a coffee coloured or black Vomiting.
5 by Aphthæ which extend from the stomach
to the fauces and mouth. I never saw a re-
=covery after an Aphthous sore mouth took
place in this disease. —
6 by a Swelling of the feet and legs. I have
never seen a recovery after this Symptom.
It proved the death of the celebrated Dr Priestley
who died of Dyspepsia.

~~The Dyspepsia I shall now make a few~~
~~remarks upon too~~ this disease whose it has
peculiar
These are several remedies which are
proper in this disease when it arises from
Sailing. These are — 1. Bleeding. This is
2 Purges. afterwards 3 Laudanum.
Purging
4 ~~Squeezing up~~ the Stomach by a bandage round
the whole body.

V As the disease is induced by the sudden
descent of a vessel from a wave downwards
throwing to too much blood to the head,
this position of the body prevents it

7 5 Lying with the head below the heels. V
& Eating a little and often, so as never to suffer
the Stomach to be empty. Gingerbread is very
grateful for this purpose.
& The Cold Bath. A wave or Spray of the Sea
accidentally wetting a person who is seasick
has afforded sudden relief, and a repetition of the
same affusion of salt water by design, has
cured it.
& Terror. I have heard of a Cure being pro-
=duced by this remedy. —
It has been prevented by bleeding, also
by a gentle purge taken the day before going
to Sea. —
I shall mention the remedies for
Dyspepsia when it arises from pregnancy
when I come to treat of the Diseases of
Women.

There is a disease seated in the stomach, the
cause of Dyspepsia known by the name of

Bulimia

in which the food so far from not being
well received in the stomach, or easily diges-
-ted is received with voracity, and in large
quantities, and digested with a rapidity that
renders a constant supply of Aliment necessary
for the relief of the patient for the most distressing
disease of hunger. Patients seldom acquire
fat or flesh from all they eat. I have seen it its
worst form in Lean people. The quantity of
food they take in a day is from 6, to 12 pounds,
and that of the poorest kind. In other respects
they appear to enjoy good health. The disease
appears to be local, and seems to arise from
an morbid increase of the dissolving power of the
Gastric juice. ——

The Remedies for it should be Aliments of
all kinds that are difficult of digestion.
These should be Vegetable & Animal. The
former should be half boiled potatoes,
Carrots and parsnips, - half baked bread, or
bread made of unbolted meal. With these
should be taken roasted, or boiled, or raw
meat, Sausage, or the fat of pork or beef.
Sweet Oil taken three or four times a day, &
the Chewing of Tobacco, have been useful. ~~also~~ Large doses ~~Large~~ ~~pastures~~
of Oyster shells, or of bricks promise benefit
in this disease ~~The old weed tobacco how~~
by Obtunding the gastric juice and weaning
down the Action of the Stomach without
conveying Aliment into the System.